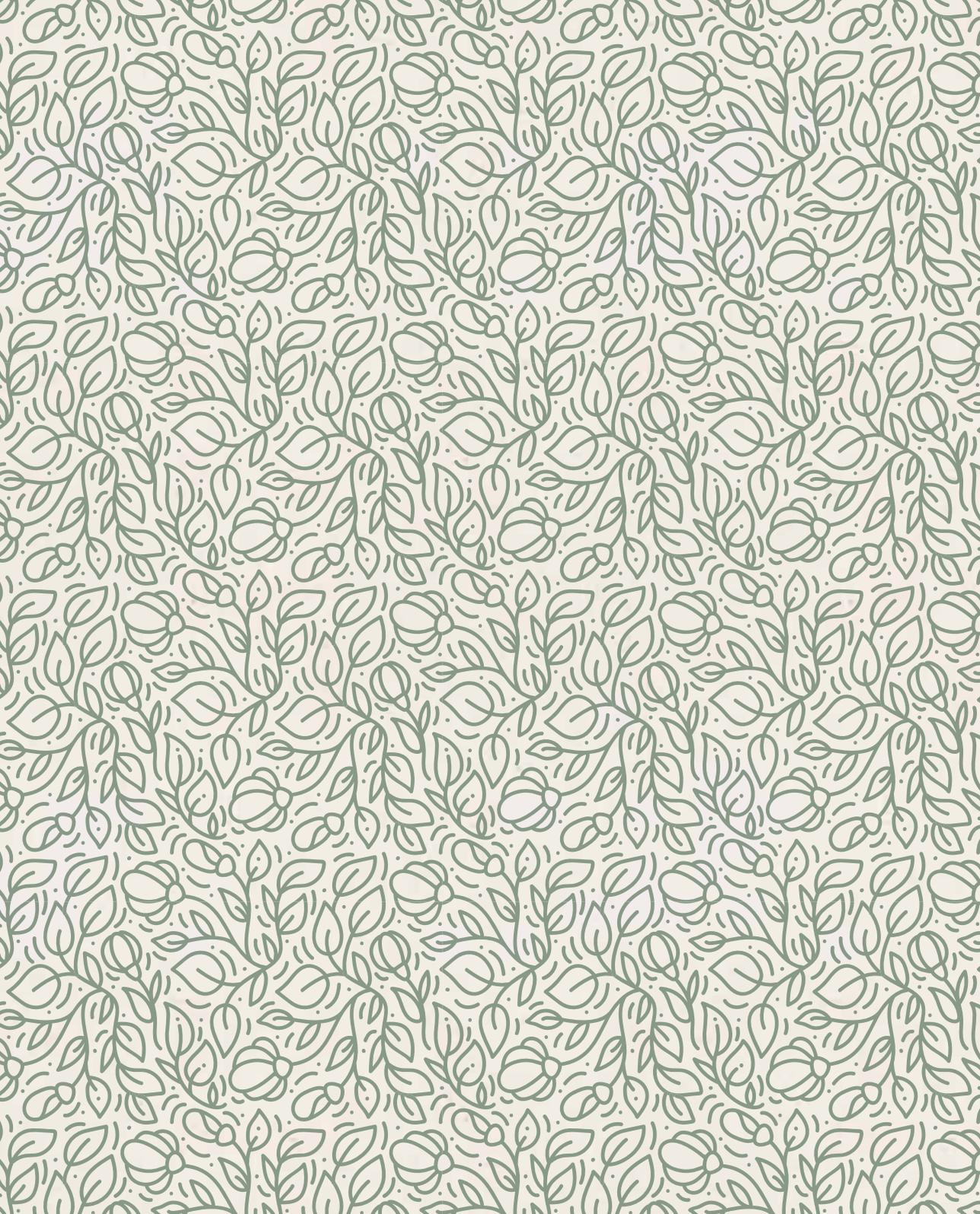




Relaxation  
with panoramic  
views of the  
beauties of Bled

**SPA PARK**

HOTEL PARK



# Spa Park – in the relaxing embrace of water and the forest

The Spa Park is a magical place, far away from worries and the outside world, offering the best views of the unique features of Bled – Lake Bled with its island and church, Bled Castle, and the mighty peaks of the Julian Alps.

The story and offer of the Spa Park Wellness Centre is closely connected and intertwined with the story of Hotel Park that is based on two important natural features in Slovenia – water and the forest. In the Spa Park, the harmony of nature, water, and the forest can be felt every step of the way. Both the water and the forest have beneficial effects on health and well-being. They soothe and relax us, and help us calm down while infusing us with energy. Surrender to their soothing embrace, and we will make sure that you stay focused on a single objective – relaxation, calmness, and returning to yourself. So, take a deep breath and surrender to the moment, which will infuse you with fresh energy.

The Spa Park offers diverse massages, rituals for couples, and detox programmes. The treatments again include the story of the water and the forest, and we use exclusively Slovenian products, as we wish our guests to enjoy a fully local experience. There are swimming pool and saunas available, all offering the best panoramic views of the natural beauties of Bled.



# Alpine rituals with a touch of water and the scent of the forest

The treatments, which incorporate authentic beneficial elements of Bled and its surroundings, combine the wisdom and purity of Alpine nature with therapeutic characteristics of natural products from the forest, water, and plants.

<b>Ritual Park</b>	120 min	135 €
<p>A special mountain pine body scrub exfoliates dead cells and prepares the body for further treatment. This is followed by a massage, complemented with tapping using warm herbal sheaves, which has a beneficial and relaxing effect. The treatment ends with a body wrap.</p>		
<b>Honey touch of nature</b>	90 min	105 €
<p>A sugar body scrub exfoliates dead cells and prepares the body for the massage. This is followed by a classical honey butter massage (50 min). The sweet honey wrap remoisturises your skin, nourishing and regenerating it.</p>		
<b>Alpine energy</b>	120 min	130 €
<p>A mountain pine body scrub exfoliates dead cells and prepares the body for the massage. Green tea oil in combination with a massage (70 min) improves blood flow and restores energy. The yoghurt green tea wrap additionally nurtures the skin and restores balance.</p>		
<b>Detox ritual</b>	100 min	115 €
<p>A salt body scrub is especially recommended for impure skin. It has slightly abrasive functions. Energy massage (50 min) or lymphatic drainage stimulate the lymphatic and immune system, and restore balance in the body. The algae wrap detoxifies and purifies the skin.</p>		
<b>Ritual Zen</b>	110 min	105 €
<p>A rice body scrub gently exfoliates dead skin cells. This is followed by a classical massage (80 min) with a fresh note of green tea that establishes balance of the body and soul. The nurturing green tea lotion additionally nourishes and revitalises the skin.</p>		

# Massages

The modern-day pace of life forces us to live our lives faster, and rarely take time for ourselves. Stress accumulates and there is less and less opportunity to relax. The solution can lie in getting a regular massage, which is an excellent way of overcoming everyday worries, and treating our mind and body to much needed relaxation.

**Classical massage** 50 min or 80 min 60 € / 90 €

With an oil of your choice: almond, alpine and grape. It has beneficial effects on overall well-being, improves blood flow, and relaxes the muscles and joints.

**Partial massage** 20 min 30 €

The massage focuses on individual parts of the body: combination of the shoulder girdle, neck and back, or legs or feet.

**Sports massage** 50 min or 70 min 70 € / 87 €

A stronger massage using friction, petrissage, and effleurage massage techniques to improve mobility and endurance of muscles and joints.

**Aroma massage** 50 min 65 €

A relaxing massage using a combination of essential oils and diverse massage techniques to achieve complete relaxation of the body and soul.

**Foot massage** 50 min 60 €

A relaxing foot massage, where pressure is applied to individual zones of the feet to relax and harmonise the entire body and improve well-being.



Classical massages in the Spa Park are something special. We cover you with a warm towel. The warmth opens the pores of the skin, allowing the oils to penetrate the skin and giving the massage a more intensive and longer lasting effect. You can choose the massage oil you would like us to use, and each will provide its own way of relaxation.



# Special massages

Our experts bring all their expertise and dedication to each massage in the Spa Park, with your well-being in mind. For this reason, they use numerous natural features of the region, and products of Slovenian origin.

## **Park massage with herbal sheaves** 75 min 90 €

A relaxing combination of face, body, and foot massage is complemented by body warming using warm herbal sheaves with soothing and relaxing effects.

## **Hot stone massage** 80 min 95 €

The massage includes an ancient relaxation technique using smooth volcanic stones that are placed on the energy pathways that run through the body. Their warmth relaxes muscle tension, helps eliminate stress, and balances as well as rejuvenates energy centres in the body.

## **Green line massage or green massage** 70 min 90 €

Body massage using green tea oil and facial massage and mask improve blood flow, and skin texture and softness.

## **Anti-stress massage** 70 min 75 €

The anti-stress massage focuses on the upper back, neck and shoulder girdle, face, scalp and feet. The massage is intended to relax tense muscles in areas where these problems most frequently occur.

## **Pain relief massage** 50 min or 80 min 75 € / 95 €

The massage is performed on the part of the body affected by pain. It releases tension and mitigates functional disorders.

# Programmes for couples

There can never be too many special moments for two, when you take time for each other in the embrace of the romantic Bled promenade. Visit us and treat yourselves to pampering for two.

## Alpine romance

147 €

The programme includes two aromatherapy massages (50 min) and a day of pampering at the sauna.

Indulge in Alpine pampering.

A massage with a combination of essential oils for the relaxation of the body and soul, and beneficial effects for your well-being.

To ensure additional relaxation and pampering, the programme includes a day visit to the saunas for two.

## Relaxation in the embrace of the Alps

190 €

The programme includes a body scrub, 2 green massages (70 min), and a visit to the saunas (3 hours).

After the gentle body scrub, the green massage with green tea oil (70 min) will relax you and infuse you with fresh energy. After the treatment, you can relax in the saunas and enjoy the views of the alpine scenery.

## The sound of water

120 €

The programme includes 2 back and feet massages (45 min) and a visit to the saunas (3 hours).

The back and feet massage will relax you so that you can enjoy the next three hours in the saunas.

# Detox programmes

With all the detox programmes that we prepared, we recommend regular drinking of natural Alpine water from the tap every hour. There are drinking fountains available at different locations in the Spa Park.

<b>Anti-cellulite massage</b>	45 min	60 €
This massage focuses on reducing cellulite on affected body parts, and improving blood flow, thus enabling the skin to get more oxygen. Regularly repeating the treatment helps reduce the visibility of cellulite.		
<b>Lymphatic drainage</b>	50 min	60 €
Manual techniques stimulate the lymphatic vascular system, and thus the elimination of toxins and fluids from the body.		
<b>Lipo-detox</b>	50 min	70 €
The lipo-detox treatment for body detoxification includes the application of an activator and slimming cream on the affected body parts, the wrapping of the affected area in foil, and the application of a drainage cream.		
<b>Detox wrap</b>	30 min	30 €
A sea algae wrap with an in-depth detox effect is applied to the body.		

# Additional services

<b>Body scrub before the massage</b>	20 min	25 €
You can choose from various types of body scrubs: pine, rice, grape, sugar, and salt.		
<b>Body scrub and lotion</b>	30 min	30 €
<b>Body scrub and wrap</b>	50 min	50 €
<b>Wrap</b>	30 min	35 €
In a cocoon pillow. You can choose from various wraps: algae, sweet honey mask, yogurt, green tea, yogurt grapes mask.		

# Afrodita cosmetic face treatments

## Active Hydro treatment

50 min

60 €

Treatment with 100% natural hyaluronic acid provides rich hydration and prevents the loss of moisture. After the treatment, the skin is visibly hydrated, firm, smooth and glowing.

## Pure skin solution cleansing treatment

60 min

65 €

Treatment for oily and problematic skin with impurities. After the treatment, enlarged pores are visibly smaller and the skin can breathe again.

## Collagen lifting treatment

60 min

70 €

The treatment actively boosts collagen production. It provides intensive hydration, boosts the renewal process, reduces lines and makes the skin visibly firmer.

## Pure gold anti-age treatment

80 min

95 €

A royal experience that will give the skin a dazzling glow and a visibly rejuvenated appearance. Particles of 24k gold and soy isoflavones have an intensive firming and wrinkle correcting effect on the skin.

## Men's treatment

60 min

65 €

A comprehensive treatment fully tailored to the lifestyle of the modern man. Provides long-lasting hydration and makes the skin firmer and more elastic.

## Facial scrub and massage

30 min

30 €

## Facial scrub and mask

30 min

30 €

## Facial scrub, massage, and mask

45 min

45 €

## Eyebrow shaping

12 €

## Eyebrow makeup

10 €

## Eyelash makeup

10 €

## Eyebrow and eyelash makeup

15 €

# Palms and feet care

Classic manicure	45 min	35 €
Classic manicure with Shellac polishing	70 min	58 €
Shellac polishing including cuticle and nail care	45 min	35 €
Removal of the Shellac gel		15 €
Classic pedicure	50 min	42 €
Classic pedicure with Shellec polishing	75 min	65 €
Classic polishing	15 min	12 €

# Depilation

Arm depilation	20 €
Leg depilation – partial	25 €
Leg depilation – full	35 €
Bikini depilation	18 €
Brazilian depilation	30 €
Armpit depilation	12 €
Upper lip depilation	8 €
Facial depilation	14 €
Back or chest depilation	40 €

# Panoramic saunas

When you visit us, spending time in a sauna is much more than just that. In addition to all the beneficial effects – spending time in a sauna releases tension, facilitates body detoxification, strengthens the immune system, and has anti-stress and soothing effects – all our saunas, Finnish and Infrared sauna and the Turkish steam bath, offer panoramic views of Lake Bled and Bled Castle, which you can also admire while resting on the outer terrace in front of the saunas.

Sauna visitors can spend time in the tea corner, enjoy various sauna programmes with body scrubs and masks, and drink from the water fountain to stay hydrated.

## **Finnish sauna**

The Finnish sauna is the hottest of all the saunas with an average temperature of around 90°C. Due to a high content of various types of essential oils, it has antibacterial effects. Spending time in a sauna strengthens the cardiovascular system, relaxes the muscles, alleviates stress, and gives a feeling of comfort.

An individual visit to the sauna should take from 5 to 20 minutes. If you wish to increase the humidity, spray the stove with hot stones with the essential oil enriched water. Take a 30-minute break before entering another sauna.

## **Turkish steam bath**

The temperature in a Turkish steam bath is not that high; however, the humidity is high. It has positive effects on blood flow and the vascular system. It is very effective for eliminating impurities from the skin and has beneficial effects on the respiratory system. The air temperature in the steam bath ranges from 40 to 45°C, with humidity between 90 and 100%.

## **Infrared sauna**

Infrared heat penetrates the skin, warms the body, and relaxes tension. Regular visits to the infrared sauna will alleviate different types of pain, relax muscles, lower the blood pressure, improve blood flow and strengthen the immune system. The temperature in the infrared sauna does not exceed 65°C, which is also appropriate for people who can not stand the heat of the Finnish sauna. You can stay in the sauna for up to 40 minutes.





## Sauna price list

Up to 3 hours

14 €

Whole day

18 €

You are not allowed to wear a swimsuit in the sauna. Children under the age of 15 are not permitted to enter the saunas.

**Saunas are reserved for hotel guests only.**

## Swimming pool with panoramic views of Lake Bled

Go for a swim in the pool filled with natural water that will soothe you and relax your muscles. After your swimming session, dive in and get lost in the panoramic views of Lake Bled that will take your breath away while resting on the comfortable wooden benches. An additional embrace of the green nature awaits you on the outer terrace, where you can enjoy the fresh alpine air and get to feel Bled with all your senses.

Taking a swim in thermal water makes the massage even better. The thermal water will enhance the effects of the massage, and bring freshness and lightness to your body and soul.

**Pool is reserved for hotel guests only.**

## Gym with views of the lake

If you like being active on your holiday, visit our gym with its breathtaking views of the lake. Here, you will constantly have the feeling of being one with nature. Is there a better motivation to exercise?!

# Tips for relaxing and recharging in Bled

- We recommend the 6 kilometre or 7,500 steps long walk around Lake Bled to breathe in the fresh Alpine air.
- Visit the Rikli Relaxation Park in front of the Rikli Balance Hotel to slow down the rhythm of life and treat yourself to a few moments for your well-being. Reduce stress and worries on the Rikli Barefoot Trail, find a safe haven in nature, hug a tree, and restore your health. Do yoga in the beautiful park to calm your mind, relax the body, and restore your well-being.
- Climb the Osojnica, and recharge with feel-good hormones while resting on the bench of love in the arms of your loved one.
- Swimming to Bled Island and back will ensure you get your daily fill of activity.
- Visit Bled Castle standing at attention overlooking the captivating Lake Bled.
- Stretch your legs and fill your soul with the unforgettable vista of the beauties of Bled.
- Rent a SUP, test your balance, tighten your muscles, and surrender to the natural rhythm of the lake.
- Rent a boat and row to the island on the lake, where you can climb the 99 stairs to the top.
- Hop on a bike and discover the beauties of Bled and its surroundings from a completely different perspective.

## **Reservations**

We recommend that you book the services in the Spa Park by phone on 04 579 1805, at the reception desk, or by email to [spa.park@sava.si](mailto:spa.park@sava.si).

## **Cancellations**

If you wish to cancel a booked service, please do so one day prior to your appointment, as we will otherwise charge you 50% of the booked service.



# SAVA HOTELI BLEĐ

SAVA HOTELS & RESORTS

All prices are in EUR and include VAT. The offer is valid from 11. 3. 2024.

We reserve the right to change the prices and the offer.

Sava Turizem d.d., Dunajska cesta 152, 1000 Ljubljana

[www.sava-resorts-hotels.si](http://www.sava-resorts-hotels.si)